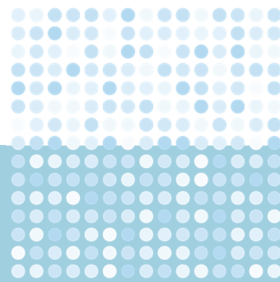




GLION SELF-HELP SERIES

Physical Wellbeing



Get active

Read about this topic & understand
what you are experiencing, as well
as tips on how to manage it.



Take care of your body. it's the only place you have to live

Jim Rohn



Being a student at GIHE, you are starting a new chapter in your life, away from your home, your old friends, and your previous sports' clubs. It can be quite challenging to stay active with the busy timetables, and when arriving to a new location where you don't know anyone, not to mention the busy timetables.

Being active means getting your body moving and accelerating your heartbeat to keep both your body and mind healthy.



TIPS & TECHNIQUES



Find the activity that suits you best. This is very personal, and it is important to choose an activity you feel comfortable doing. You may not be able to continue the same sports you used to practice in high school, or even keep the same level. You may need to readjust your level to the time and energy you have at your disposal in this new environment.

Practice an activity regularly throughout the week.

No pressure. You may want to just take walks around the town or along the lakeside. And you may not feel like doing your jogging under the rain or falling snow, so don't. You can find other activities to do indoors, like a solo workout in your room or in the gym, or going to the indoor swimming pool.

Budget-wise, there are plenty of activities that are completely free of charge like walking, hiking, yoga, home workouts, etc.

Being active doesn't necessarily mean that you need to train every day for hours and win competitions. Lots of people are not sporty at all or simply don't enjoy or feel comfortable in a fitness room. No worries, there are plenty of non-competitive activities, like cycling, hiking, walking, swimming, Zumba, yoga, aerobics, skating, dance classes, canoeing, fishing, horseback riding, and many more. So, pick and choose.

Get out into the Swiss countryside. On the Glion and Bulle campuses you are surrounded by mountains, lakes, forests and some of the most beautiful countryside in Europe. Organize weekend trips with your friends hiking, swimming, or snowshoe walking in winter. This will maintain your physical wellbeing, your social wellbeing as you share activities with your colleagues. Being out in nature also promotes your mental wellbeing by reducing stress levels

Take advantage of all the sports activities organized by the [Student Affairs Department!](#)





●●●●● BENEFITS OF STAYING ACTIVE ●●●●●

Helps you stay healthy physically and mentally.

Increases energy, positive mood, and motivation.

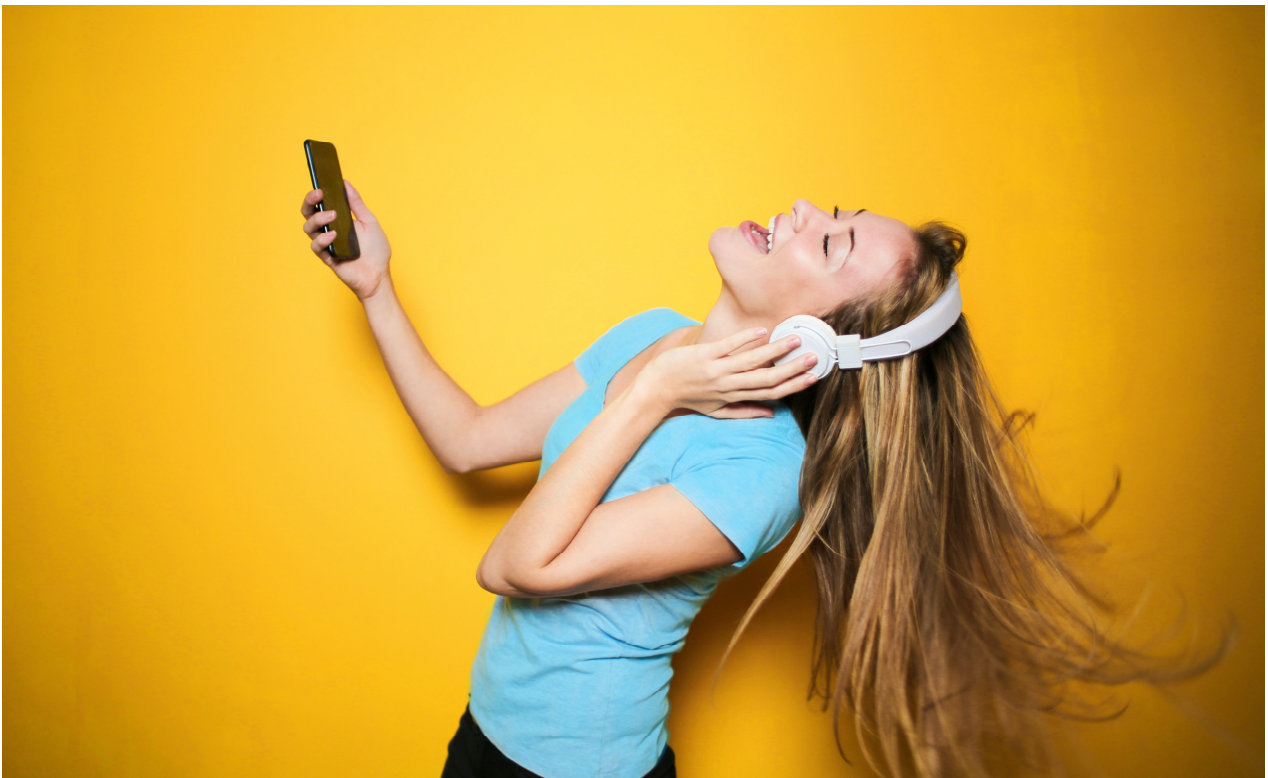
Increases your self-esteem.

Reduces the level of anxiety and stress.

Improves capacity to focus and concentrate, thus your academic performance.

Improves your sleep as you clean/clear your mind while being active.

Provides opportunities to make new friends.





FURTHER READINGS



- [Swiss Activities – your online booking platform for leisure activities in Switzerland](#)
- [SwitzerlandMobility – the network for non-motorized traffic](#)
- [MySwitzerland – Experience Switzerland](#)
- [MeteoSwiss](#)
- [Lake temperature](#)
- [AllTrails – We connect people to the outdoors](#)
- [SwissRiverAdventures – Your specialist for outdoor activities and white water adventures in Switzerland](#)



USEFUL APPS



[Daylio](#)

[SwissMobil – the app to SwitzerlandMobility](#)



OTHER GUIDES IN THE GLION SELF-HELP SERIES



- | | | |
|----------------------------|------------------------------|---------------------------|
| • Anger management | • Learning from mistakes | • anxiety |
| • Anxiety | • Loneliness | • Regaining control |
| • Assertiveness | • Looking after yourself | • Relationship break-up |
| • Confidence | • Managing conflict | • Self-confidence |
| • Constructive criticism | • Managing conflict | • Setting into university |
| • Coping with homesickness | • Motivation | • Stress management |
| • Depression | • Negative thinking | • Time management |
| • Developing purpose | • Overcoming procrastination | • Worried about someone |
| • Emotional Intelligence | • Perfectionism | |
| • Enjoy what you have | • Planning and prioritizing | |
| • Exam anxiety | • Public speaking | |
| • Frustration | | |
| • How to be happy | | |



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